

# Breastfeeding Twins or Multiples

*Breastfeeding twins or multiples is very rewarding and at the same time can be both physically and emotionally draining. Lots of help and support from others can help mom get through the challenging first few weeks.*

## Breastfeeding Basics

You may choose to breastfeed your babies together or separately.

- ◆ Breastfeeding babies together helps to increase your milk production and can save time.
- ◆ Breastfeeding your babies one at a time gives each baby your individual attention. This may be especially helpful when you and your babies are learning how to breastfeed together, or a baby has difficulty latching on or maintaining a good suck. You may want to start out one at a time, and with practice move to both together.
- ◆ Have your babies nurse from a different breast at each feeding.

### Positioning

The following holds will allow you to nurse your babies together. Pillow or folded blankets can be helpful to support babies by your sides.

Double side clutch – Place one baby on each side with their heads facing towards the breast. Tuck their bodies under each arm along your sides, with their feet pointing towards your back. Support their heads and neck with your hands and their backs with your forearms. Pillows on each side are helpful.

Criss-cross hold –Place baby's head in the crook of each arm or forearm. The forearm supports the baby's back and your hands hold the baby's bottom or thigh. One baby's body is pressed against you and the other baby is pressed against his sibling. Support his head with your hand and arm.

Combination-hold – Place one baby in the cradle position with his head in the crook of your arm and body across your lap. The other baby is held in the sideclutch hold. Her body extends in the same direction as her sibling. Support her head with your arm.

***Breastfeeding will help you bond with your babies.***

### Growth Spurts

- ◆ Expect growth spurts around 2-3 and 6 weeks, and 3 months of age.
- ◆ Nurse more frequently for several days. Keep track of wet diapers and bowel movements to ensure that each baby is getting enough breastmilk.



### Night Feedings

- ◆ The side-lying position will allow you to rest while breastfeeding one baby.
- ◆ Wake the second baby to feed after nursing the first one so you can get a longer stretch of sleep.
- ◆ Babies may sleep better if they are near each other.
- ◆ Having babies sleep in your same room as you, is another good option for being available for their needs.

## Mother Care

### Mother's Feelings

- ◆ Some moms say that it takes a little longer to form a bond with multiple babies than it does with one baby.
- ◆ Picture two babies from the beginning.
- ◆ You may feel closer to one baby than the other. Give yourself time to learn individual traits of both of your babies.
- ◆ Find ways to give more attention to the other baby. A baby front-carrier is a great way to keep baby close to you when not nursing.
- ◆ Breastfeed skin-to-skin.

### Drink to Thirst, Eat Healthy Foods, and Rest

- ◆ Drink a glass of water, milk or juice during or after feedings.
- ◆ Keep quick, healthy snacks around such as fresh fruit, veggies, cheese, nuts, crackers, and hard-boiled eggs.
- ◆ Do not use babies' nap time to catch up on household duties. Rest is more important.

### Arrange for Help

- ◆ Friends and family can watch babies while you bathe or nap.
- ◆ Friends and family can help by doing laundry, grocery shopping, cooking, and cleaning while you breastfeed.
- ◆ Schedule time alone with your partner on a regular basis.

### Seek Out Others Who Support Breastfeeding

- ◆ Find a local support group for parents of multiple births.
- ◆ Ask for your partner's support to help you succeed.
- ◆ Call your WIC office or Lactation Consultant for help with breastfeeding.

Please, WIC breastfeeding counselors love to help new moms and babies.

WIC Breastfeeding Counselor: \_\_\_\_\_  
Phone Number : \_\_\_\_\_

Please call; we know you have questions! All moms do!